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The Effect of Breast-feeding in Contraception which is a Method of Natural Family Planning

N İnce, B Özyıldırım, E Işık, F Bozcalı

Abstract:

Background: Bongaarts's model of Ci calculation was used to calculate the contribution of breast-feeding to family planning.

Methods: This cross-sectional study was conducted in the area of İstanbul (TURKEY) Silivri Public Health Practice and Research Center between the dates of 20th May-1st October 2005. In this study whole under 1 year old babies, composed the sample (n=1247). Bongaarts model can be summarized as Total Fertility Rate (TFR)= TF x Ci x CA x CC x Cm and takes its bases from TF (total fertility). Ci is the Postparum infekunditi index. $Ci = 20 \sqrt{18.5+i}$ is calculated by this formula. The first menstruation period, after pregnancy ends, was taken as the value 'i'.

Results: The average age for the total 1247 mothers who contributed to this study was 26.7 ± 5.2 (R: 16 - 50) yr. The women whose menstruation turned back (n=830), the average amenore period was found as 3.0 ± 1.9 (1-12 months). Ci's average value was 0.94 ± 0.07 (0,66-1.03) and a $r = -0.08$, $P = 0.012$ correlation was appointed between mother's age and Ci. 7.7% of participants (n: 96) used breast-feeding as a contraceptive method. These participants used breast-feeding as contraception for 16.9 ± 14.5 wk.

Conclusions: Breast-feeding is a reliable and a positive affecting method of family planning for both improving the baby and mother's health. Furthermore also by affecting TFR over Ci, it provides a positive contribution to society health.

Keywords:

[Amenorrhea](#) . [Postpartum amenorrhea](#)

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